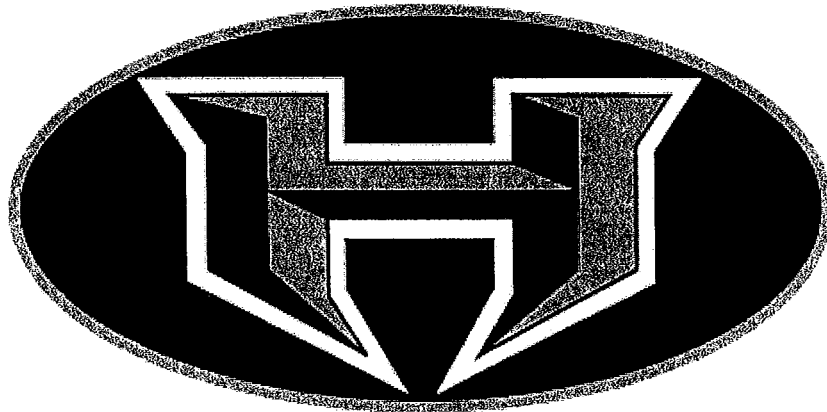


**TOPPER
FOOTBALL**

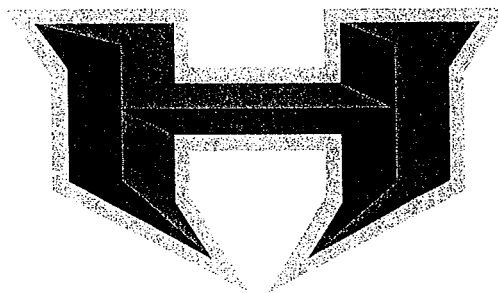


**SUMMER
2017**

TOPPER PRIDE

HHS FOOTBALL PRACTICE EXPECTATIONS

1. NEVER WALK ONTO THE FIELD. ALWAYS HIT THE FIELD ON THE JOG.
2. HUSTLE- NEVER LOAF OR ALLOW YOUR TEAMMATE TO LOAF.
3. PAY ATTENTION WHEN COACHES ARE SPEAKING TO YOU. LOOK COACHES IN THE EYE SO WE KNOW YOU ARE PAYING ATTENTION.
4. PAY ATTENTION IF YOU ARE WATCHING A DRILL OR ON THE SIDELINES.
5. CARRY OUT YOUR TECHNIQUE THE WAY YOU ARE BEING COACHED.
PERFECTION IN PRACTICE MUST ALWAYS BE OUR GOAL.
6. DO NOT HASSLE OR MOUTH AT EACH OTHER. RESPECT YOUR TEAMMATES.
MAKE EACH OTHER GET BETTER.
7. WORK HARD IN EVERY ASPECT OF PRACTICE, EVEN SPECIAL TEAMS.
8. CONDITIONING WILL WIN US GAMES! BE READY TO COMMIT TO
CONDITIONING EVERY DAY!
9. ALWAYS HAVE EQUIPMENT HERE AND READY TO GO.
10. NEVER MISS A PRACTICE.
11. IF YOU ARE INJURED, YOU MUST LET A COACH KNOW!
12. NO PROFANITY
13. NO EXCUSES



COURAGE: I WILL SELL OUT FOR THE TEAM

DESIRE: NO ONE WILL STOP ME

THESE THINGS REQUIRE NO TALENT:

1. BEING AT PRACTICE BEFORE TIME.
2. WORK ETHIC.
3. EFFORT.
4. BODY LANGUAGE.
5. ENERGY.
6. ATTITUDE.
7. PASSION.
8. BEING COACHABLE.
9. DOING EXTRA
10. BEING PREPARED.



TOPPER FOOTBALL

ONE FAMILY- ONE DESTINY

**IN ORDER TO BE
WINNERS,
THE TEAM MUST HAVE
A FEELING OF UNITY
AND PRIDE.
EVERY PLAYER MUST
PUT THE TEAM FIRST
AHEAD OF THEIR OWN
PERSONAL GLORY!**

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Lifting 7-8:30am (8:30-9:30) out of Lifting 4-5:30pm	23 Lifting 7-8:30am (8:30-9:30) RBWR Lifting 4-5:30pm	24 Equipment Handout 5:30 Mini Camp All Players 6-8:30pm	25 Lifting 7-8:30am Lifting 4-5:30pm	26 Off	27
28	29 Off Memorial Day	30 Lifting 7-8:30am (8:30-9:30) RBWR Lifting 4-5:30pm	31 Mini Camp All Players 6-8:30pm			
April 2017	Printfree.com Printable Calendars					June 2017

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lifting 7-8:30am Lifting 4-5:30pm	2 Off	3
4	5 Lifting 7-8:30am *no O/DL Lifting 4-5:30pm	6 Lifting 7-8:30am *no R/O/DL Lifting 4-5:30pm	7 Mini Camp All Players 6-8:30pm	8 Lifting 7-8:30am Lifting 4-5:30pm	9 Off	10
11	12 Lifting 7-8:30am (8:30-9:30) O/DL Lifting 4-5:30pm	13 Lifting 7-8:30am (8:30-9:30) R/O/DL Lifting 4-5:30pm	14 Mini Camp All Players 6-8:30pm	15 Lifting 7-8:30am Lifting 4-5:30pm	16 Off	17
18	19 Lifting 7-8:30am (8:30-9:30) O/DL Lifting 4-5:30pm	20 Lifting 7-8:30am (8:30-9:30) R/O/DL Lifting 4-5:30pm	21 Mini Camp All players 6-8:30pm	22 Lifting 7-8:30am Lifting 4-5:30pm	23 Home 7 on 7 4pm to 6pm Hillsboro Vandalia Nokomis Staunton	24 Northern Illinois University 7 on 7 (Varsity)
25	26 Lifting 7-8:30am (8:30-9:30) O/DL Lifting 4-5:30	27 Lifting 7-8:30am (8:30-9:30) R/O/DL Lifting 4-5:30	28 Mini Camp All Players 6-8:30pm	29 Lifting 7-8:30am Lifting 4-5:30	30 Off	
May 2017	Printfree.com Printable Calendars					July 2017

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 Panca 7 on 7 (Varsity)	
2	3 Off	4 Off	5 Min. Camp All Players 6-8:30	6 Lifting 7-8:30 Lifting 4-5:30	7 Off	8	
9	10 HHS Football Camp (All Players) 7:30 am to Noon				13	15 Golf Tournament Fundraiser	
16	17 HHS Football Camp All Players 7:30 am to noon	18	19 7:30 am to Noon		20	21 8am Gold Card Turn In !!! 9:30 to noon w/ the baby cookout	22
23	24 Lifting 7-8:30am	25 Lifting 7-8:30am	26 No Meeting	27 Lifting 7-8:30am	28 off	29	
30	31 Off						
June 2017	Printfree.com Printable Calendars					August 2017	

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Off	2 Off	3 Off	4 Off	5 Off
6 Off	7 Practice Begins 7am Meeting 8-11am Helmets	8 Practice 7am Meeting 8-11am Helmets	9 Practice 7am Meeting 8-11am Helmets + Shoulder Pads	10 Practice 7am Meeting 8-11am Helmets + Shoulder Pads	11 Practice 7am Meeting 8-11am Helmets + Shoulder Pads	12 Practice 7am Meeting 8-noon Full Pads
13	14 Practice 3:00-6pm Full Pads	15 Practice 3:00-6pm Full Pads	16 First Day of School Practice 3:30-6:15	17 Practice 3:30-6:15	18 Scrimmage 6:00pm	19 Varsity Only Film 8-9:30am
20	21 Practice Full Pads 3:30-6	22 Practice Full 3:30-6	23 Practice Full 3:30-6	24 Practice Helmets 3:30-5:00 Team Meal 5:30	25 Game Home vs. Carlinsville Fr. Game Before	26 Film 7:30am JV/Fresh Practice 9:00am
27	28 Practice 3:30-5:30 JV Game at Carlinsville	29 Practice 3:30-6:30	30 Practice 3:30-6:30	31 Practice 3:30-5:00 Team Meal Fr. Game at Vandale		
July 2017	Printfree.com Printable Calendars					September 2017